SYNOPSIS

" A Study of Aggression and Self Confidence of Inter University Male and Female Kabaddi Players."

A Synopsis

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Introduction

One of the most popular Indian games in Marathwada region of Maharashtra is Kabaddi. Maharashtra is the pioneer state to popularize this game and bring it to the national platform. The game received International exposure during the 1936 Olympic Games at Berlin when it was demonstrated by the Hanuma Vyayam Prasarak Mandal, Amravathi, and it received good appreciation. The popularity of Kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number of championships, both at the national and international level, have been organized for Kabaddi. Kabaddi game is simple in nature, easy to organize and less expensive. Hence Kabaddi reach to common people and both sex.

Kabaddi is an indigenous game of our country. It is aptly known as the ‘game of the masses’ due to its popularity. It is a popular game throughout India especially in the rural areas. It is also popular in other Asian Countries like Japan, Malaysia, Shrilanka, Nepal, Bangladesh, Pakistan etc. Kabaddi is a combative team game played without any equipment. Like any other sporting event Kabaddi also requires high level physical fitness and presence of mind. For a single player to take on seven opponents at a time is no mean task. Hence Kabaddi requires high level of physical fitness. Physical fitness is the ability to carry out daily tasks with vigour and alertness, without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies.

Sports performance has been found to be related to psychological variables such as aggression and self confidence. These are the variables which influence sports performance with addition to many other personality variables

Aggression

The word aggression comes from the Latin root agreed (to attack) and gradi (to go toward) literally then the word means to walk towards or approach to "move against" or "to move with intender" to hurt or "to harm". The major problem when studying

aggression in sport is in finding an acceptable universal definition. Most Psychologists describe aggression in terms of behaviour.

Aggression could have a positive influence on the performance outcome of an individual or team, if the aggressive behaviour harmed the opposition either physically or psychologically weakening their resources (i.e. input). Aggression could also improve a team's performance outcome by improving the process of that group. Faulkner also suggest that a group aggressive behaviour can help in performance out come by weakening the oppositions "unity bonds of collective strength" and reducing their "sense of control of the opposition".

As kabaddi is a body contact game in which lots of physical strength is needed and has been traditionally played by the martial tribes of India, aggression is found to be an integral part of the game. All three types of sports aggression viz. assertive play, instrumental aggression and hostile aggression are witnessed in any game of kabaddi. During a raid, both the raider and the anti's display assertive play to dominate the other team physically as well as psychologically. When an anti displays overly aggressive play the raider may take an effort and try to show instrumental aggression when the anti comes on a raid in his half. Hostile aggression is also not an uncommon play witnessed in kabaddi.

comparative study of sports competition of anxiety and aggression of inter collegiate and inter University male Kabaddi players. This study showed that there is significant difference in anxiety and aggression between inter collegiate and inter university Kabaddi players in which inter university male players are better in both the variables.

Two types of aggression have been identified in the sports psychology literature. One is Instrumental aggression and another is Hostile aggression. Unlike other activities, sports and physical activities related to sports involves confrontation between competent and make a good platform for the occurrence of aggressive acts. Aggression in sports is not supposal to an unequivocally negative, when it is an assertive behaviour as searching for success, aggression is highly desirable Instrumental aggression is defined as “The attempt to injure characterized by the inner desire to win an advantage or to receive a reward.

Self-confidence

Self-confidence is the belief that you can successfully perform a desired behavior. A high level of self-confidence indicates positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies. Self confidence is characterized by high expectancy of success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum (Weinberg and Gould. 1999). According to Jones and Hardy (1990), self confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete. Research studies indicate that the most consistent factor distinguishing highly successful from less successful athletes is confidence (Jones and Hardy, 1990). A high level of self-confidence is one of the most consistently reported psychological characteristics of elite athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones (Gould, Weiss, & Weinberg, 1981).

self-confidence as both a disposition and a state, the latest thinking is that sport self-confidence is a social cognitive construct that can be more traits like or more state like, depending on the temporal frame of reference used. Sports Psychology research in to the relationship between aggression and sports has taken three main routes. Some researchers have approached aggression in sports as a catharsis that allow for the release of aggressive impulses and reduce aggressive behavior in nonsupport setting. Other investigators have examined the antecedents and consequences of aggression in sports, and still others have focused on the effects of aggressive behavior on sport performance.

conducted a study to determine the relationship of sports competition anxiety, aggression and self-confidence, to performance in Kabaddi. Twenty Tamilnadu State Male Kabaddi players who were participants in senior National Kabaddi Championship held at Tirpur. This study showed that Aggression and self-confidence were significantly related to the Kabaddi performance and Anxiety did not show significant relationship with the Kabaddi performance.

conducted a study on relationship of selected physical, anthropometrical and psychological variables with performance of University male Kabaddi player. Among the selected three psychological variables only aggression was found to be significant

correlated with the performance in the Kabbadi and anxiety, self confidence were found to be not significantly correlated with the performance in Kabaddi. The investigator concludes that agility, body weight, aggression, speed, arm length, in the same order, act as dominant predictors of performance in Kabaddi.

Aim of the study

The present study aims at to examine the level of aggression and self confidence among Inter University male and female Kabaddi Players.

Statement of the Problem

The purpose of study is to find out the impact of psychological variables i.e. aggression and self confidence in the field of physical education and sports.

To examine and compare the level of aggression and self confidence among Interuniversity male and female Kabaddi Players.

Significance of the Study

- The present study may helps to know the level of Aggression and Self Confidence of Kabaddi University players.
- The study may help in screening and selecting players for Kabaddi game.
- The present study may help the Coaches, Trainers and Physical Education Teachers to understand the dominant factors that indicate Kabaddi performance at University level.
- The study will help the coaches and physical education teachers in developing systematic and scientific psychological training programs for Kabaddi University players.
- The study may create interest among researchers to determine the importance of psychological variables on the performance of other game players.

Objectives of the study

The objectives of the present study are under

1. To assess the aggression of Inter University male and female Kabaddi players.
2. To assess the self confidence of Inter University male and female Kabaddi players.

3. To find out the correlation between two dependent variable i.e. aggression and self confidence.

Hypotheses

1. There will be significant difference between male and female Inter University Kabaddi players on their level of aggression.
2. There will be significant difference between male and female Inter University Kabaddi players on their self confidence.
3. There will be significant positive correlation between aggression and self confidence.

Implications of the Study

1. The present research will be useful to understand the level of aggression and self confidence among Inter University kabaddi players. The findings of the study will be helpful in promoting mental health, self confidence.
2. The present study will prove to be helpful tool in understanding the phenomenon of success and failure among the participants of kabaddi players with special reference to these selected variables. Further, this study may facilitate the process of developing techniques and ways to develop those characteristics which can be helpful in achieving success in sports.
3. The study will also be helpful in creating awareness among the Kabaddi players, sports persons and facilitates the physical educators, coaches, physical trainers, sports psychologists and sports administrators in the process of selection, identification, physical and psychological preparation training for sports competitions.

Limitation of the study

i) It will be a small study, where other psychological factors except aggression and self confidence will not considered as dependent variables.

ii) This study will be limited only for Inter University Kabaddi Ashwmed (krida Mahotsav) tournament. We randomly selected 5 male and female players from various university of Maharashtra.

Methodology

Sample

For the present study with the help of incidental-cum-purposive sampling technique a huge sample of 120 Inter University Kabaddi players will be selected randomly from various universities of Maharashtra. Ultimately for the data analysis, a final sample of 120 to fit adequately various cells of design will be finalized. Out which 60 will be male Inter University Kabaddi players and 60 will be female Inter University Kabaddi players. The age range of Inter University Kabaddi players will be 18 to 25 years and education status of Inter University Kabaddi players will be graduation to post graduation.

Control

Only those Inter University Kabaddi players will be selected, who were played Inter University Kabaddi tournament at least one time. To control the sequence relevant variables tests will be administered in similar sequence. To control the socio economic status, Inter University Kabaddi players will be selected who belong to middle class having annual income of their families between 2 lacks to 8 lacks.

Variables under the study

- **Independent variable**
    1. **Gender**
        - Male
        - Female
- **Dependent Variable**
    1. Aggression
    2. Self Confidence

Operational Definitions

- **Inter University Kabaddi Player :** A student of graduation or post graduation who played Inter University Kabaddi Tournament at least one time.
- **Aggression :** Observable behaviors of aggression, which you would define as pushing others, spitting, hitting etc.

  In the present investigation aggression means the level of aggression which will be measured with the help of Aggression Scale

Self Confidence : An individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goes all right.

In this research self confidence means an individual's level of self-confidence which will be measured through self-confidence inventory developed by.

Tools

- **Personal data sheet (PDS):** Personal data sheet will be used to collect the preliminary information of Kabaddi players.
- **Agnihotri's Self Confidence Inventory (ASCI) :** Agnihotri's Self Confidence Inventory by Dr. Rekha Gupta (1971) was used to measure the self confidence of employed and unemployed youth. The Agnihotri's self confidence inventory (ASCI) has been designed in Hindi to assess the level of self confidence among adolescents and adults. It consists of 56 items. There are two response categories i.e. 'right' and 'wrong'. The test-retest reliability coefficient and index of reliability of ASCI was found to be 0.78 and .88 respectively and spilt half reliability coefficient and index of reliability was found 0.91 and .95 respectively.
- **Aggression Scale (A-Scale):** Aggression Scale used to measure the aggression of Kabaddi Players. The Aggression scale has been designed in Hindi to assess the level of aggression among adolescents and adults. The test consisted of 30 Items and Six Alternatives. The reliability coefficient of the test was found 0.82.

Procedure of Data Collection

The first step for the present study will be taken by selecting the sample. To select the sample, incidental-cum-purposive sampling technique will be used on Inter University Kabaddi players from the various universities of Maharashtra.

After selecting the sample Aggression inventory and Self Confidence inventory will be administered on the selected sample. To avoid the fatigue and warm-up effect both tests will be taken separately. All the instructions will be strictly followed as per described in manual of the correspondence test.

Later on, the responses of the subjects on the each test will be scored as per scoring procedure described in the particular test, and their scores on aggression inventory

and self confidence inventory (dependent variable) will be obtained. These scores will be further statistically analyzed under two techniques i.e. ‘t’ test and Product Moment correlation method.

Statistical Analysis

For data analysis responses will be expressed as mean and standard deviation. ‘t’ test will be performed for comparison between groups and to find out correlation between two dependent Product Moment correlation method will be used. To test the Significance of ‘r’, Significance of difference between Means, 5% confidence level will be taken into consideration in the whole analysis. Data analysis will be performed using SPSS 21.0 software under windows.

Result and Discussion

Results will be discussed in the light of hypotheses framed for this study, considering the finding of the earlier studies and appropriate proposals.

Summary and Conclusion

Results will be summarized and conclusion will be drawn. Suggestion for further research will also be given.

References

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Chapterisation

The contains of the present study will be as under

Chapter I	Introduction
Chapter II	Review of Literature
Chapter III	Methodology
	1. Problem
	2. Objectives
	3. Hypotheses
	4. Variables
	5. Research Design
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	7. Tools
	8. Statistical Analysis
Chapter IV	Result and Discussion
Chapter V	Summary and Conclusion
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